

# 4V4 RALLY

**OBEJECTIVE:** Setting

**EQUIPMENT:** 1 ball per game



10 Minutes

## DESCRIPTION

1. Create 2 teams of 4 players. Players stand in a diamond with one player close to the net and one at the back of the court.
2. The back players does a throw or underarm serve to another player on their team, who does a set or pass to the player at the net who spikes the ball over the net.
3. The aim is to get 3 contacts for each team before sending in over the net.
4. Players try to keep the rally going as long as possible.
5. Rotate the player's positions every so often.

## CHANGE IT

### Beginner

- Allow players to catch the ball before performing their skill to improve their control.

### Advanced

- N/A

### ANC CODE

Moving  
Our  
Body

[ACPMPO30](#)

[ACPMPO48](#)

[ACPMPO67](#)